

## EAST COUNTY DOMESTIC VIOLENCE COALITION

San Diego Domestic Violence Council

For EMERGENCIES dial **911**

### Police/Sheriff

El Cajon Police - 579-3311

La Mesa Police - 667-1400

San Diego Sheriff - 565-5200

### East County Court

250 E. Main Street, El Cajon

Restraining Orders-M/F 9-12, T/W/TH 9-4

Family Law Assistance – M&F 12-4

### For Shelters & Other Services

1-888-305-SAFE (7233)

24 Hour Referral Information for  
Emergency Support

### Other Important Numbers

Rape/DV 24hr. Hotline (858) 272-1767

Child Abuse Hotline 1-800-344-6000

Elder Abuse 1-800-510-2020

## YOUR SAFTEY PLAN

1. Pack a bag. Leave it at a friend's house.
2. Put an extra set of car keys and house keys outside.
3. List Emergency phone numbers.
4. Save extra money and have important papers in a safe place.
5. Take money and paper with you when you leave.

## IMPORTANT PAPERS YOU WILL NEED

Birth Certificates

Checkbooks, extra checks Immigration Documents

Medicine & Medical

Credit Cards

Social Security Cards

School Records

Welfare Identification

Insurance Papers

Deed or Lease to House or Apartment

Car Registration & Pink Slip

## IF YOU ARE A VICTIM,

you may ask the District Attorney (441-4588) to file a complaint. You may request Court Orders for: Stayaway, Custody Issues, Visitation Issues, Restraining Orders, Order to Leave Household, Pay Support & Participate in Counseling. You have the right to file a civil suit for losses as a result of the abuse. Sexual Assault by a person known to the victim, including a spouse, is a CRIME.

**Many of 911 calls related to Domestic Violence were made by children.  
Will your child make the next call?**

## Does your partner...

- ☐ Embarrass you with bad names & put downs?
- ☐ Look at you or act in ways that scare you?
- ☐ Control what you do, who you see or talk to, or where you go?
- ☐ Stop you from seeing or talking to friends or family?
- ☐ Take your money, make you ask for money or refuse to give you money?
- ☐ Make all decisions?
- ☐ Tell you you're a bad parent or threaten to take away or hurt your children?

- ❑ Act like the abuse is no big deal, it's your fault, or even deny doing it?
- ❑ Destroy your property or threaten to kill your pets?
- ❑ Intimidate you with guns, knives, or other weapons?
- ❑ Shove you, slap you, or hit you?
- ❑ Force you to drop charges?
- ❑ Threaten to commit suicide?
- ❑ Threaten to kill you?

**If you checked even one, you may be in an abusive relationship.  
Call the hotline for support.**